

Active Adult Fitness

Fitness Class Fees

20-Visit Punch Pass - \$52.25R/\$61.75NR (Ages 62+)

Drop-In Fitness - \$2.75R/\$3.25NR (Ages 62+)



Blue highlighted classes require a pre-registration and have an additional fee. Yellow highlighted classes are free to SilverSneakers®, Renew Active® and Silver&Fit® members.

2022 62+ Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. SilverSneakers® Circuit Cher Babkiewich AAC	8:30-9:30 a.m. Balance & Beyond Linda Maj AAC	8:30-9:00 a.m. BOOM Muscle Varies AAC	8:30-9:30 a.m. Forever Young Tracy Smith AAC	8:30-9:30 a.m. SilverSneakers® Classic Kay Huey AAC
9:45-10:45 a.m. Cardio Plus Linda Maj AAC	9:45-10:45 a.m. Tai Chi Elaine Wagner AAC	9:10-9:40 a.m. BOOM Move Varies AAC		9:45-10:45 a.m. Cardio Plus Linda Maj AAC
10-11 a.m. Tai Chi Elaine Wagner TWRC-AAW	11 a.m.-12:00 a.m. Zumba Gold/Toning Pilar Paulmeno – AAC	10-11 a.m. Beg Line Dancing Kathy Hamilton TWRC-AAW	9:45-10:45 a.m. Tai Chi Elaine Wagner AAC	10-11 a.m. Tai Chi Elaine Wagner TWRC-AAW
	11:15-12:15 p.m. Gentle Therapeutic Yoga Rhonda Williams - AAC	10:15-11:15 a.m. SilverSneakers® Classic Linda Maj – AAC	11 a.m.-12:00 a.m. Zumba Gold/Toning Pilar Paulmeno AAC	
1:30-2:30 p.m. Beg Line Dancing Judy Yamakishi AAC	1:00-2:00 p.m. Chair Yoga Rhonda Williams AAC	11:15-12:15 a.m. Int Line Dancing Kathy Hamilton TWRC-AAW	11:15-12:15 p.m. Gentle Therapeutic Yoga Rhonda Williams - AAC	
2:45-3:45 p.m. Int Line Dancing Judy Yamakishi AAC		12:30-1:30 p.m. Parkinson's Fitness Colleen Salgado AAC	1:00-2:00 p.m. Chair Yoga Rhonda Williams AAC	

Class Locations:

AAC – Thornton Active Adult Center, 11181 Colorado Blvd.
TWRC-AAW – Trail Winds Rec Center Active Adult Wing, 13495 Holly St.
HBA – Harley Brown Amphitheater, 3498 E. 112th Ave.

This schedule is subject to change. Please contact the Active Adult Center for information at 303-255-7850 or email activeadultctr@ThorntonCO.gov. For schedule updates, visit gocot.net/aac.

62+ Class Descriptions

Balance & Beyond – This class will challenge your balance by using a variety of tools and working in different planes of motion. All abilities welcome.

BOOM Move - A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun.

BOOM Muscle - A blend of cardio- and strength-based athletic exercises inspired by functional movements and popular sports.

Boomer Boot Camp – Outdoor group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training.

Cardio Plus – Learn a wide variety of techniques and low-impact exercises to get you in shape!

Chair Yoga – This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Class incorporates breathing exercises, yoga postures and relaxation. No prior experience necessary.

Forever Young – A complete full body workout. Class focus is cardio, strength training, balance, core strength and flexibility.

Gentle Therapeutic Yoga – Designed specifically for the needs of the students in the class and include breathing techniques, guided relaxation, and yoga poses done with a therapeutic approach. The use of props makes postures accessible and safe for people with various physical challenges and chronic conditions including arthritis, back pain, and Parkinson's. This class is suitable for all levels. No prior experience is necessary.

Line Dancing – Start with very basic steps and progress at a comfortable pace toward more advanced techniques. No partner needed.

Parkinson's Fitness - This class is specifically designed to target the motor and non-motor symptoms of Parkinson's disease, but can be beneficial for anyone who wants to improve balance, flexibility, posture, or functional mobility. The goal is to optimize brain health, prevent falls, and improve overall quality of movement in real life situations. We learn basic movement patterns in sitting, standing, on the floor, or walking. Then we add challenges to voice, coordination, balance, timing, and cognition to promote neuroplasticity all while making it fun and interesting.

SilverSneakers® Classic – Designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing and ball are offered for resistance. Chair support offered.

SilverSneakers® Circuit – A standing circuit workout. Upper body strength workout with weights, tubing, and a ball alternated with aerobic choreography. Chair support offered.

Tai Chi – Learn balance skills through flowing, easy-to-learn movements. Build your confidence and reduce your risk of falling.

Zumba Gold/Toning – Improve your balance, coordination and flexibility with low-impact dance. Steps and patterns are easy to follow. Also incorporates strength workout with hand weights. No experience required.

Fitness Center:

Open Monday-Friday, 8 a.m.-5 p.m.

An optional fitness orientation on the equipment is available. Please call 720-977-5859 to schedule an orientation.

Fees (Ages 62+): Daily \$1.00R/\$1.25NR **Monthly** \$6R/\$7.50NR **Yearly** \$30R/\$37.50NR
SilverSneakers®, Silver&Fit®, Renew Active® Members FREE